

Garlic Parmesan Chicken

2lb chicken breast
1lb baby potatoes
4 TBSP olive oil
Salt & pepper
5 cloves garlic, chopped
2 TBSP thyme
2TBSP parsley
2 TBSP grated parmesan chicken

We added fresh green beans too!

Crock pot low 6-8 hours

Tilapia

1/4 cup mayonnaise
1/2 cup shredded parmesan cheese
Juice of 2 lemons
4 chopped garlic cloves
Pinch of salt & pepper

Mix all the ingredients.

Wrap tilapia and other ingredients in a foil packet and place in crock pot for 2 hours on high.

Mongolian Beef

2lb Chuck Roast
1 TBSP garlic
1/2 tsp ground ginger
1/4 cup Splenda brown sugar
1/2 Bragg Liquid Aminos
1/4 cup water

Crock pot low 6-8 hours

Turkey Burgers

1lb ground turkey
Seasoning of your choice
Panko bread crumbs

I used for one batch: Grill mates packet
Second batch: Tony Chachere's Creole seasoning

We will grill these.

Spaghetti

1.25lb ground beef
2 - 28 oz cans crushed tomatoes
2tsp garlic
1 TBSP basil
1/2 tsp pepper
1/2 tsp salt

Place in crock pot and cook on low for 6-8 hours.

Stuffed Pepper Soup

3 C ground beef
1 green pepper
1/2 red pepper
1 small onion
1 can (28 oz) diced tomatoes
1 can (10 oz) tomato paste
4 cups low sodium chicken stock
1 TBSP honey
2 tsp oregano
2 garlic cloves
Salt & pepper

Place all in crock pot and cook on low 6-8 hours.

Cook 3-4 cups brown rice to serve with soup.
Top the soup off with sharp cheddar cheese.

Italian Beef

3.5-4 lb chuck roast
1 jar (12 oz) whole pepperoncini's with liquid
1 TBSP Italian seasoning
1 large onion
1.5 C beef broth

Place in crock pot and cook 6-8 hours on low.

Chicken Tacos

2 Chicken breasts
2 tsp salt-free Mexican seasoning (we made our own from Pinterest)
1/2 tsp salt
2 TBSP olive oil

Place in crock pot on low for 6-8 hours.

Jicama Clementine slaw for chicken tacos

1 small Jicama, peeled and shredded
6 clementines
1/4 cup chopped onion
2 TBSP cilantro
1 TBSP fresh lime juice
1 tsp honey

Mix all together. Place shredded chicken on plate or whole wheat tortilla. Add slaw to chicken.

Turkey Meatballs

1lb ground turkey
1 egg white
Tony Chacarre's Creole seasoning
1 tsp garlic

Panko bread crumbs

Salsa Chicken

2 chicken breasts

1 jar salsa of your choice

Salt and pepper

Can add black beans 30 minutes before done cooking

Serve on a bed of lettuce or in whole wheat tortillas.